

Vitamin C Food Sources

The Washington Minimum Licensing Requirements for child care programs requires serving a good source of Vitamin C at *least once a day*. (1/4 cup provides approximately 1/3 to 1/2 of the daily needs for a 4-8 year old child.)

- Kiwi
- Cantaloupe, Honeydew, Watermelon
- Apricots
- Grapefruit
- Guava
- Honeydew melon
- Pummelo
- Lychees
- Mandarin orange
- Mango
- Orange
- Prickly Pear
- Papaya
- Tangerine/Satsumas
- Raspberries, Blackberries, Strawberries
- Apple, grape or other Vit. C fortified juice
- Pineapple, mango or orange juice



- Asparagus
- Bell peppers (green, yellow, orange or red)
- Beans, Yellow Snap
- Broccoli
- Brussel sprouts
- Cabbage, red and green
- Cauliflower
- Kale, Collard greens, Spinach
- Kohlrabi
- Potato, baked or boiled in skin
- Salsa
- Sweet potato, baked or boiled
- Tomato
- Radishes
- Vegetable juice cocktail



Ideas for Adding Vitamin C to Your Menu

Serve fruit or vegetables as the daily Vitamin C source most often. When juice is used to meet Vitamin C needs, offer juice naturally high in Vitamin C, such as orange, pineapple, or combination fruit juices. Minimize juice to two servings a week. Serve water at snack time as a beverage when foods from 2 other food groups are offered.

- Add kiwi and mandarin oranges to fruit cocktail or fruit salad.
- Serve pink grapefruit sections with breakfast.
- Make smoothies with frozen or fresh berries and citrus juice.
- Serve a grilled turkey-ham and cheese sandwich with pineapple slices.
- Introduce tropical fruits such as papaya, mango, lychees and passion fruit when discussing topics in geography, tropical rain forests, or island cultures.
- Add frozen or fresh Chinese pea pods to a stir-fry or Asian style noodles.
- Include cauliflower with other fresh vegetables on a relish tray with dip or dressing.
- Serve baked potatoes for school age snack with grated cheese and steamed vegetables.
- Serve V-8 or tomato juice over ice with a celery stirring stick as part of a snack.

